

CAA News

THE NEWSLETTER OF THE CENSUS ALUMNI ASSOCIATION ❖ January 2006

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News From Alumni

[Please let us know about your travels and travails, even if it's only a few lines. People want to know about you.]

More info from **Mary Jane (Janey) McCoy**, on whom we reported in the September issue: She had a total of 26 years of government service, the last 12 of which were spent in MSO Customer Services as an information specialist. Early in her career she worked in Population Division before moving to HHES. Her husband **Robert McCoy** worked for NOAA in FB 4.

Charles Nam says he gets to DC from time to time, so will probably join CAA to keep up with the "old-timers" and possibly attend future reunions. He worked in Population Division from 1950 through 1953 and again from 1957 through 1964, serving under Paul Glick and Henry Shryock. He was chief of the Social Stratification Branch when he left the Bureau in 1964 to take a position at Florida State University. He retired in 1995 and continues his affiliation with the population center at the university. He would love to hear from former coworkers at charlesnam2@earthlink.net.

Gerry Post writes to say he spent some time in the hospital last summer, but says he's feeling pretty good now except for normal aches and pains. His new e-mail address is postman2@tampabay.rr.com, and he'd like to hear from you.

Don Starsinic and his wife **Margaret** were in an auto accident in April but luckily suffered only minor injuries. They decided to buy a new car

instead of renting, as they had been doing, and are very happy

with their Mazda 6. During the year, they made several trips to visit relatives in Pennsylvania and Maryland. They also enjoyed an extended visit to New York City, where they visited Ellis Island, which Don's grandmother had passed through when immigrating from Slovenia, the hotel his uncle had managed for many years, and Radio City Music Hall. Don continues his genealogical research, and is making progress on his autobiography. He and Margaret welcome visitors to their beautiful area.

New Treatment for Alzheimer's

Late last year, Forest Laboratories applied to the FDA for approval to market the drug memantine for treating moderate to severe Alzheimer's disease. The drug has been available for that purpose in Europe for more than 10 years.

It is believed that memantine works by blocking excessive amounts of glutamate, which could cause neuronal cell death, while allowing enough glutamate to get through to allow normal cell functioning.

Source: Alzheimer's Research Review, Spring 2003

New CAA Vice President and Director

At their December meeting, the CAA board of directors nominated Fred Cavanaugh to assume the position of vice president, which became vacant with the death of Ed Goldfield. Bettie J. Bryant, as the previous nominee for director with the largest number of votes, was named to fill Fred's position as director.

Time Your Vitamins

You should be aware that many popular vitamin combinations actually cancel each other out. For example, vitamin B-12, which is vital for memory and brain function, is destroyed during digestion if

taken with almost any other vitamin. Take vitamin B-12 alone, or only with folic acid, at least an hour before or after taking any other vitamins. (Note that recent research casts doubt on the value of taking these supplements.)

Keep Your Heart Healthy

Dutch scientists have designed a diet that can protect your heart as well as drugs can. They say that the following six foods, if eaten regularly, can reduce your risk of heart disease by 76 percent.

Almonds. A handful of almonds a day can reduce your LDL by nearly 5 percent.

Fish. Four servings a week of cold-water fish such as salmon, tuna, and sardines can lower your cholesterol and blood pressure.

Garlic. A 600-mg. capsule of dried garlic daily can reduce your total cholesterol by 17 points.

Produce. About 14 ounces a day of fruits and vegetables could cut your risk of heart disease by nearly one-fourth by contributing dietary fiber and antioxidants.

Wine. A daily glass of red wine can lower your odds of heart disease by one-third.

Dark chocolate. A 1.6-ounce bar (or equivalent) of dark chocolate a day can reduce your blood pressure by decreasing blood cell stickiness.

New Systems for 2010 Census

In September the Census Bureau awarded a \$500 million contract to Lockheed Martin for developing a system that allows citizens to respond to questionnaires over the Internet, that captures data from handheld computers used by census takers in the field, and that integrates all parts of the information processing systems. The 6-year contract is expected to greatly improve data collection and processing for the 2010 Decennial Census.

Hometown Favorites

Looking for Marshmallow Fluff, Screaming Yellow Zonkers, Valomilk, or other snack food from your past? You can find nearly 2,000 different kinds at www.hometownfavorites.com. About 200 different kinds are also featured at www.amazon.com, a new offering at that site.

[Please send us obituaries of former Census Bureau employees that you see in papers outside the DC area.]

Martin Bloom, 81, died of respiratory failure after cardiovascular surgery on October 1 at Washington Hospital Center. He was a statistician who held jobs at various agencies during his 45-year government career. He worked at the Bureau of Labor Statistics on the input-output model of the economy using mechanical computers, then moved to the Census Bureau in 1955 for 4 years, followed by a year at the Agriculture Department. He then worked at the IRS from 1960 to 1991 in the data analysis division. Survivors include his wife of 47 years, Bernice Raisner Bloom, two children, a brother, and five grandchildren.

Dr. John S. Aird died October 9 of multiple myeloma at his home in Silver Spring, MD. For nearly 30 years he was the Census Bureau's resident expert on Chinese demographics. He joined the Bureau in 1957 as a demographer and became a senior specialist on China in the International Statistical Programs Center, now the Center for International Research. From 1960 to 1974 he was chief of the China branch, then was chief of the Foreign Demographic Analysis Division. In the 1970s and 1980s he represented the Commerce Department in a group that prepared a machine-readable Chinese-American dictionary. Aird retired in August 1985. He wrote two books, "Slaughter of the Innocents: Coercive Birth Control in China" (1990) and "Coercion, Deceit, and the UNFPA (to be published posthumously). Survivors include his wife of 58 years, Laurel Jandy Aird; three children; and eight grandchildren.

Robert P. Parkinson, 82, died of emphysema October 27 at Holy Cross Hospital in Silver Spring, MD. He began working for Census in 1967 and retired in 1978 as head of the crime statistics branch and acting director of the office of demographic analysis. Survivors include his wife of 56 years, Joan H. Parkinson, two children, and five grandchildren.

Louise Millsap Long, 79, died of pneumonia November 21 at the Inova Loudon Hospital in Leesburg, VA. She was born in West Virginia and moved to Washington during World War II. After the war she transferred to the Census Bureau, where she eventually became the executive assistant to the assistant director. While at the Census Bureau she

DEATHS

met her husband, **Robert C. Long**, who died in 1998. Survivors include two daughters, two brothers, two sisters, and a grandson.

**Edwin D. Goldfield, Cofounder
of CAA, Dies at 87**

Edwin D. Goldfield, 87, a leader in the field of census statistics, was found dead at his home in Temple Hills, MD, September 27. His death was ascribed to cardiovascular disease. “Ed” was a founder, with former director Jack Keane, of the Census Alumni Association and served for most of its existence as its vice president.

Goldfield began his career at the Census Bureau in 1940 with what he thought was a temporary appointment to work on statistical processing of the decennial census. Over the next 35 years at the bureau he served as program coordinator for the 1950 census, chief of the Statistical Reports Division, assistant director of the bureau, and chief of the International Statistical Programs Center, retiring in 1975. He led several U.S. delegations to international statistical conferences. He also briefly served as staff director of the House of Representatives Subcommittee on the Census.

During his years at the Census Bureau, Ed was involved with the changeover from manual to computer tabulation, initially using the Univac I, a vacuum tube computer the size of a city block. He also helped implement statistical sampling. After his retirement he joined the Committee on National Statistics at the National Academy of Sciences, where he served as study director and director of the committee until retiring again in 1987. Since then, he maintained an office at the Census Bureau as an advisor to the director.

Cancer Risk from Eczema Drugs

The FDA has ordered “black box” warnings to be placed on two drugs for eczema, Elidel cream and Protopic ointment. Research shows that both are absorbed into the body and can cause cancer, and that the risk of cancer increases as the amount of the drug given increases. The FDA recommends that those drugs be used only for short periods and only

after other treatments have failed.

Source: “Health,” Washington Post, March 18, 2005

What Is Your Life Expectancy?

To determine your potential for a long life, start with 78 and add or subtract the following numbers. (If you’re over 100, don’t bother!)

All four grandparents older than 70	+1
Both parents older than 70	+1
Both parents older than 80	+1
First-born	+1
High school education	+1
Beyond high school	+1
Average intelligence	+1
Superior intelligence (>130 I.Q.)	+2
Employed (part-time or volunteer) after 65	+3
Right weight/under weight	+2
Overweight	-2
Relative has heart disease	-2
You have heart disease	-1
Do not smoke	+5
Smoke or around smokers	-5
Regular exercise	+3
No regular exercise	-3
Sleep 6 to 8 hours a night	+1
Under sleep/over sleep	-2
Sexually active	+2
Regular physical exams	+1
Major disease ever	-1
Good health	+1
Adequate/moderate income	+1
Married/living with someone	+1
Living alone	-3
At least one close friend	+2

New Sleep Aid Approved

Sleeping aids that are currently available are approved by the FDA only for short-term (7 to 10 days) treatment of insomnia. But last December the FDA approved a new sleep medication that can be used over the long term. It is called Lunesta (eszopiclone), and it reportedly not only helps people fall asleep quickly, but also lets them sleep through the night with fewer interruptions. It comes in three strengths, based on the patient’s age and degree of sleep difficulty. Side effects may include unpleasant taste, headache, and cold-like symptoms, and it must not be taken with alcohol.

Thoughts on Getting Older

— You know you're getting older when everything either dries up or leaks.

— Being young is beautiful, but being old is comfortable.

— First you forget names, then you forget faces, then you forget to pull up your zipper—but it's worse when you forget to pull it down.

— When you feel dissatisfied and would like to go back to your youth, remember algebra.

Best Shoe Forward

Older people's risk of falling is 8 to 11 times greater when they are barefoot or in stockings than when they wear sneakers. A 2-year study found that wearing athletic shoes was consistently associated with lowest risk of falling. Other types of shoes (heels, sandals, etc.) produced a slightly higher risk.

Source: *Journal of the American Geriatrics Society*

Lose Weight Through Your Nose?

In a trial of overweight adults, scientists found that sniffing green apple, peppermint, and banana odors helped participants lose weight. In another study, the smells of pumpkin pie and doughnuts were found to enhance sexual arousal. Here are some more fragrances that have passed scientific tests:

To reduce anxiety . . . Try orange blossom, lavender,
Roman chamomile

To reduce agitation Try lavender, lemon balm

To brighten mood Try almond extract, lavender,
orange blossom, vanilla

To feel revived Try rosemary

To help sleep Try jasmine

Free Credit Reports

A new federal law permits everyone to get a free copy of their credit report once a year. All three major credit reporting agencies can be reached at www.annualcreditreport.com, or you can call 877-322-8228. Be prepared to give some personal information, such as the name of your mortgage company or the amount of your most recent payment, to verify your identity.

Shoot Down Carpal Tunnel Syndrome

Steroid injections seem to work as well as surgery in treating carpal tunnel syndrome. In a trial at several hospitals, patients who were injected with corticosteroids had improved function and reported less pain after 3 months than those who had surgery.

Source: *Arthritis & Rheumatism*, Feb. 2005

Chocolate May Lower Blood Pressure

A study of 20 middle-aged couples found that eating 3-1/2 ounces of dark (bittersweet) chocolate a day for 6 weeks reduced the blood pressure of participants an average of 12 points. This seems to result from the high percentage of flavonoids found in dark chocolate. The researchers caution, however, that chocolate generally is high in fat and calories, and that the findings were based on a small number of participants.

Source: *Hypertension*, July 18, 2005

Deep Thoughts

- Perfection is such a nuisance that I often regret having cured myself of using tobacco. (Zola)
- Walking isn't a lost art. One must, by some means, get to the garage. (Evan Esar)

Do You Know Him?

Arlene Bourne would like to hear from anyone who remembers her father, **Leonard Bourne**. He worked in New York many years ago. Her address is Box 2523, Church St. Station, New York, NY 10008.

CAA News is published three times a year by the Census Alumni Association; Jerry Mann, editor.

Deadlines for submissions:

January issue Dec. 10

May issue Apr. 10

September issue Aug. 10

Your contributions are welcome on any subject of interest to former Census Bureau employees, especially news of yourselves and your families.

Please send contributions to

gmann928@hotmail.com or to CAA, P.O. Box 1480, Suitland, MD 20752. (E-mail is preferred.)

Past issues of the newsletter can be seen at www.census.gov/alumni.